



An employee publication of the
Texas Department of Criminal Justice

September/October 2015
Volume 23 Issue 1

Agency News



2016 Chairman's Fitness Challenge

Dale Wainwright, TBCJ Chairman

It is that time again! We just kicked off the FY 2016 Chairman's Fitness Challenge for TDCJ and Windham employees. We have a different theme for each quarter in an effort to keep you on the right track and encourage you to continue through the year to successful completion next summer!

The themes for this year's challenge are:

First Quarter: *Commit to be Fit*

Second Quarter: *One Step at a Time...Stay Focused*

Third Quarter: *Too Fit to Quit*

Fourth Quarter: *Be Strong...Finish Strong!*

Each quarter will consist of a two-week sign up period followed by a six-week challenge and, as in the past, Administrative Leave will be awarded each quarter to every employee who successfully completes that quarter's challenge in its entirety.

The kick-off challenge, Commit to be Fit, requires employees earn 200 points per week for successful completion. This event is designed to encourage all employees to engage in physical fitness activities and to encourage participation agency wide. The challenge began Monday, October 5, and will end Sunday, November 15.

I have set a weekly minimum goal of 1,000 points for myself! Back again this year is the Chairman's Gold Challenge, my target, requiring 1,000 points weekly for successful completion in this category. I'm challenging those of you who can, to aim even higher and join the Chairman's Special Platinum Challenge for achieving 2,500 points each week. Use any of the activities on the Exercise Equivalents Chart to reach the goal. A special recognition will be given to those who meet these goals each quarter of the challenge.

The Second Quarter challenge, One Step at a Time...Stay Focused, is designed to encourage you to continue in your pursuit of a healthier lifestyle by requiring 225 points per week to successfully complete the quarter.

For the Third Quarter, Too Fit to Quit, 250 points are required for successful completion. The Fourth Quarter, Be Strong...Finish Strong!, will require participants to reach 275 points weekly.

Participants will use the 2016 Chairman's Fitness Challenge Exercise Equivalents Chart to report points to your Wellness Representative and may use any physical activity, or a combination of activities listed on the chart to reach the weekly goal. Remember, the primary goal of the Chairman's Fitness Challenge is to encourage people to participate in regular physical activity to improve overall health.

I want to encourage everyone to pledge your commitment to the challenge and to the goal of a healthier lifestyle. You will be glad you did! ●